



CITY OF ROCKVILLE RETURN TO PLAY

The Department has adjusted its sports program guidelines during COVID-19. This document provides important details as to those changes and some league playing rules or protocol changes due to COVID-19.

- Please be vigilant in preventing the spread of the COVID-19 virus by practicing good hygiene as recommended by CDC guidelines. CDC guidelines can be found here:
<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>
- Please **STAY HOME** if you are experiencing any signs or symptoms of COVID-19 or if you have been exposed to someone who has had signs or symptoms of COVID-19. Please see CDC guidelines for specific COVID-19 symptoms.
- At risk individuals, youth or adult, **STAY HOME** (if you are unsure if you are considered at risk, please consult your medical provider directly)
- Coaches, players, participants, spectators and game officials, please perform a self-check of symptoms prior to leaving for scheduled practice or game at a City of Rockville facility. If your temperature is 100 degrees or higher, you are not permitted to participate in an activity on a City of Rockville field for a minimum of 14 days. You may, however, return sooner if you have a Doctor's note for return to play. The self-check should be screening for the following criteria:
 - Today or in the past 24 hours have you had any of the following symptoms:
 - Fever (temperature of 100.4°F or above and 100°F or above for adults)
 - New or worsening cough
 - Shortness of breath or trouble breathing
 - Sore throat, different than your seasonal allergies
 - New loss of smell and/or taste
 - Diarrhea or vomiting
 - Do you have a household or close contact who has been diagnosed with COVID-19 in the past 2 weeks?
- As per the CDC: If you are immunocompromised, the best way to prevent COVID-19 is to avoid being exposed to the virus. We strongly urge you to consider the risk that you would be taking by participating in a practice or game on City of Rockville fields, as you will be putting your health at risk. Therefore, you may consider not participating in practices at this time.

The Centers for Disease Control and Prevention (CDC) offers general guidelines and recommendations for the public on how to limit the spread of COVID-19. They currently include:

- Clean and disinfect frequently touched surfaces and exercise equipment including balls
- Thoroughly wash your hands with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer that contains at least 60% alcohol
- Wear a cloth face covering that covers your nose and mouth in public settings
- Stay at least 6-feet away from non-household members
- Cover mouth and nose with a tissue when coughing or sneezing
- Stay at home if you are sick

City of Rockville Youth Sports Leagues General Re-Start Precautions:

Coaches and Players:

- During the league games and practice a “station” will and needs to be assigned for each player to place their equipment, and that they should return to during breaks.
- Each player must utilize their own equipment which includes a soccer during practice. During games, the City will provide a sanitized ball that will be disinfected before, during and after each game.
- No one is to share water, towels, or any personal equipment. This includes, but not limited to:
 - Shin Guards, tape, hairbands
 - Jersey/Uniforms
 - Pinnies or bibs of any kind
 - Please note you can assign a pinnie/bib to a player to take home and care for OR ask that each player brings/ wears their own alternative color shirt
- No centralized hydration or refreshment stations
- Eliminate pregame coaches conference or conduct meeting while maintaining physical distance
- Recommend players provide their own equipment for practices.
- Recommend players, coaches and officials sanitize hands during game breaks. The City of Rockville will provide hand sanitizer to each field during gameplay.

Spectators:

- No spectators are allowed at practice/games during Phase I.
- Spectators at game and practice during Phase II-III are allowed, but we encourage all spectators to remain home. If spectators must come to games or practices, we will allow one parent to join their child, but must maintain six feet of distance between themselves and others, and they must keep face coverings on at all times during City of Rockville games and practices.
- The City will provide a spectator area for each player to allow for adequate distancing.

Face Covering Guidelines:

- Coaches, spectator, and officials must wear a mask or face covering at all times while on City property. This includes walking to/from their car to the field, while on the sideline and especially when 6 ft social distancing is not possible.
- Players must wear a mask or face covering when they are not actively participating in a game or practice. This includes, walking to/from their car to the field, while on breaks during practice and while on the sideline during games, especially when 6ft social distancing is not possible.

Game Day Guidelines:

- Teams arriving for their scheduled game should wait outside of field gates / venue until teams from previous game vacate the area. End of game, players must leave the field area immediately.
- No team/player handshakes, no team/player high fives, and no group gatherings between teams on the field. Try to keep social distancing between teams. Ask team members to tip caps, wave, team cheer etc –from across the field –after a game.
- **Arguing or not adhering to any City of Rockville distancing rules will result in dismissal from the field and a possible forfeiture of the game for that person's team.**

Source

[Centers for Disease Control \(CDC\)](#)

[Maryland State Youth Soccer Association](#)

[National Council Youth Sports](#)